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Dear Trader Community,

It is with mixed emotions that we announce the ending of the *North Coast Trader*. After careful consideration and evaluation, we have made the difficult decision to bring this chapter to a close.

We want to express our heartfelt gratitude to each and every one of you who has been a part of this journey. Your support, engagement and contributions have been invaluable in shaping the publication over its many years.

While this may be the end of one publication, it is not the end of our commitment to delivering quality content and fostering meaningful connections within our community. We will continue exploring new avenues and opportunities to engage with you.

We encourage you all to stay connected with us through our other publications, websites and social media channels for updates on future endeavors. We value your continued support and look forward to working with you in different capacities.

Thank you once again for being a part of this incredible journey. We are grateful for your understanding as we navigate this transition, and we remain committed to serving our community in new and exciting ways.

Sincerely,

Melissa Sanderson

*Publisher/Owner
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CDFW

What Is The Correct Way To Rebury Undersized Pismo Clams?

Q: What is the correct way to rebury undersized Pismo clams?

A: This is an important question because although it is currently legal to recreationally harvest Pismo clams, finding legal-sized Pismo clams can be uncommon. Recently, California Department of Fish and Wildlife (CDFW) wildlife officers have been seeing some legal sized clams at Pismo Beach. Overall, however, a vast majority of the population is still undersized. All unburied and undersized Pismo clams must immediately be reburied where they were found.

The correct way to rebury a Pismo clam is to place it with its hinge ligament (the dark bump where the two shells connect) upward and pointing toward the ocean in a hole at least two inches deep. The clam can then be covered with sand. Because it takes time for clams to rebury themselves, it can be harmful or even fatal to leave clams exposed to the elements. Reburying undersized clams helps increase survival and promotes population growth.

Size regulations for Pismo clams can be found in California Code of Regulations, Title 14, section 29.40.

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Pismo clams must be five inches in greatest shell diameter if found north of the boundary between San Luis Obispo and Monterey counties. If found south of that boundary they must be four and one-half inches in greatest shell diameter.

A valid sport fishing license is required to take Pismo clams for anyone 16 years old or older. You must also have with you a measuring device to measure clam size. The legal limit is 10 Pismo clams, and they cannot be taken at night. Each person taking clams must have a separate container and cannot commingle or combine clams. Pismo clam poaching can be reported via CalTIP.

Squirrels

Q: What can I do about tree squirrels eating fruit on my backyard trees? Can I kill them?

A: Tree squirrels can certainly be a challenge this time of year as fruit starts to ripen. CDFW's Human-Wildlife Conflict Toolkit is a great resource for information on proactive techniques and tools to prevent conflict and/or property damage. Note that regulations for taking tree squirrels are different than those for taking ground squirrels. The information below applies to tree squirrels.

Tree squirrels are classified as a game

species and a depredation permit may be required before lethal take can occur, per California Fish and Game Code (FGC) section 4181. You can request a depredation permit by contacting a CDFW regional office or submitting a report through CDFW's Wildlife Incident Reporting (WIR) system. Be prepared to show photographic evidence of the property damage.

Residents should identify the species of squirrel causing property damage. California is home to both native gray squirrels and nonnative red fox squirrels. A depredation permit is not required to take red fox squirrels that have caused property damage. Red fox squirrels causing property damage may be taken at any time, per California Fish and Game Code (FGC) section 4152. However, local restrictions on methods of take may apply. For example, many communities prohibit the discharge of firearms in certain areas. It is a resident's responsibility to abide by any local restrictions that apply. Pellet guns and air rifles may also be a potential method of take depending on local regulations.

Because the regulations for taking squirrels are somewhat complex, you may consider hiring a licensed trapper or humane pest control company to help.

For information on hunting squirrels visit CDFW's small game mammal hunting web page.

Trout Facts

Q: How do trout camouflage themselves from predators?

A: When trout first hatch, their bodies have a transparent appearance which reduces visibility to predators. As trout continue to develop, pigmented skin cells called chromatophores help form spotted patterns which allow the fish to camouflage themselves in their natural habitat. Some of these cells have reflective qualities which lighten or darken to help them blend in with their surroundings.

Countershading is another camouflage adaptation that helps reduce predation. Trout have darker, spotted backs to blend in with the substrate and avoid predators from above. Lighter undersides help them avoid predators from beneath by blending in with the light from above.

For more fun fish facts, visit CDFW's Classroom Aquarium Education Program webpage. ♦

If you have a question you would like to see answered in the California Outdoors Q and A column, email it to CalOutdoors@wildlife.ca.gov.

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GARDENING



Surface roots erupt through the soil surface and extend beyond the tree trunk.
Photo courtesy of MelindaMyers.com

Dealing with Tree Surface Roots

by Melinda Myers

ROOTS ERUPTING THROUGH the soil surface that extend beyond the tree trunk are known as surface roots. This is a normal part of aging for shallow-rooted trees. The aging roots increase in circumference just like the tree's branches and trunk. As they thicken, the upper portion of the roots appear above the soil surface.

These irritate gardeners when trying to grow and mow the grass under the tree. It is important not to bury, cut, dig up or shave off these important roots. Covering or damaging the roots creates entryways for insects and diseases to enter and damage or even kill your tree.

Mulch is a simple solution. Use a 2-to-3-inch layer on the soil surrounding the tree. Pull the mulch away from the tree trunk to avoid insect, disease and rodent problems. Create a mulch ring as large as possible. This eliminates the need to hand trim grass near the tree

and makes mowing easier. Mulch is also better for the tree than grass growing up to the trunk. The grass is a big competitor for water and nutrients and can stunt the tree's growth.

Reduce ongoing maintenance with the help of newspaper or cardboard. Start by edging the bed to disconnect the grass and weeds under the tree from the surrounding plants that can serve as their life support.

Now cut the grass and weeds as short as possible, being careful not to harm the surface roots. Cover the area to be mulched with newspaper or cardboard. This creates a temporary but extra layer of mulch that helps kill the grass. The paper will eventually break down and improve the soil below. Cover this with a 2- to 3-inch layer of shredded bark or woodchips for years of weed control.

Consider shade-tolerant perennials and groundcovers if mulched beds do

CONTINUED ON PAGE 8 →



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Tree Surface Roots

← CONTINUED FROM PAGE 6

not fit your design style. These plants will eliminate the need to mow over surface roots, add seasonal interest, and they do not compete with the trees like lawn grass. Barrenwort, Canadian ginger, hostas, Variegated Solomon seal, coral bells, foam flower, Bergenia, and Siberian bugloss are a few to consider. Make sure the plants you select are suited to your growing conditions and your garden design.

Use caution when planting under mature trees. Avoid deep tilling that can damage, not only the surface roots but also the fine feeder roots that absorb water and nutrients. Instead, dig relatively small holes between major roots and allow the plants to fill in the area.

Mulch the soil surface with leaves, evergreen needles, or other organic mulch to conserve moisture and improve the soil as they decompose. Water thoroughly once plants are in the ground and often enough to keep the roots slightly moist throughout the summer.

Add a splash of color with a few potted annuals by setting them among the perennial groundcovers. This allows you to change the plantings as the seasons change. You can also permanently sink a few nursery pots in the ground. Then plant flowers in a slightly smaller container and set this pot in the one permanently buried in the ground. This method is less disruptive to the tree roots and easier on your back. ♦

Melinda Myers has written more than 20 gardening books, including the recently released Midwest Gardener's Handbook, 2nd Edition, and Small Space Gardening. She hosts The Great Courses "How to Grow Anything" instant video and DVD series and the nationally syndicated Melinda's Garden Moment TV & radio program. Myers is a columnist and contributing editor for Birds & Blooms magazine and her website is www.MelindaMyers.com.





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Enjoy a Workday Reset

7 ways to break away from your desk and boost morale

(FAMILY FEATURES) When the sun is shining and comfortable weather is calling you outdoors, focusing on tasks at work can become a challenge. Workdays are often long and strenuous, making that blue sky and fresh air all the more tempting.

Don't let a full to-do list bog you down. In fact, taking a break from your desk and averting your eyes from the computer may actually help you mentally reset and increase efficiency through the remainder of the day.

Consider these popular ways to disconnect for a short while so you can take on busy days without feeling overwhelmed.

1. Stretch — After hours of sitting, stretching from head to toe can be a good way to get physically active if you're short on time and stuck at your desk. Neck, shoulder, arm, back and leg stretches are all easy ways to stand up and disengage from the computer. Another trick: practice wrist exercises to avoid injury or strain from typing.

2. Go for a Walk — If you have a few minutes to spare, leave the office or your desk at home entirely and head outside for a walk. A stroll through your neighborhood or the city sidewalks can provide the fresh air and physical activity your body craves.

3. Take Five Outside — On hot days when a mid-workday walk might not be the right refresh, skip it and simply find a shady spot to sit down. You can enjoy the benefits of fresh air and sunlight without getting too hot.

4. Rest Your Eyes — Follow the rule of 20s. If you're working a computer job, eyestrain may be a serious concern. Give them a break by looking 20 feet away for

20 seconds every 20 minutes.

5. Enjoy a Favorite Snack — Push that office chair away from the computer and treat yourself to a bite of something you enjoy. For example, Nestlé rallies nut butter bombs are a perfect cure for those back-to-back video calls, delivering a balance of permissibility and indulgence while helping you rally through your workday. Available in three craveable flavors — raspberry peanut butter, brownie almond butter and salted cashew butter — the chilled delights combine decadent chocolate and smooth nut butter for a rich burst of flavor with no preservatives, artificial flavors or artificial colors.

6. Check in with Friends — Squeeze in a midday chat to catch up with a friend or coworker. Socializing is a feel-good way to take your mind off work even for just a few minutes.

7. Sip an Afternoon Coffee — If caffeine gives you that much-needed jolt to finish out the workday, head to your favorite local shop for a refreshing iced beverage. Pair it with a chilled snack like Nestlé rallies nut butter bombs for a perfect sweet and savory afternoon pick-me-up. ♦

Find more delicious ways to rally through the day by visiting nestlerallies.com.



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5 Fun Food Role-Playing Games for Little Ones

(STATEPOINT) It's common to ask kids to stop "playing with their food," however, when playtime rolls around, food and fun go hand in hand.

Role-playing games involving grocery stores, cooking, restaurants, and other food-centric activities and scenarios, can be excellent opportunities to teach kids about flavors, colors and numbers. They can also model how to interact in common social situations and help kids develop a healthy relationship with food. With that in mind, here are a few toys and games to try with little foodies:

1. Run an Ice Cream Cart: Learning is sweet when pretending to run an ice cream cart. The Scoop & Learn Ice Cream Cart from LeapFrog, for ages 2 years and up, lets kids create a variety of imaginative and tasty-looking ice cream combinations using four flavors of ice cream, three toppings and three syrup flavors. Kids can use the magic scooper to build customer orders, which will recognize the colors and flavors, then press the

pump to add pretend syrup while counting to ten. By choosing from six animal order cards and following the instructions, kids can build memory and sequencing skills. They'll have fun ringing the bell to let "customers" know their order's up! Then, when they're ready to move to a new location, they can store the accessories and push the cart around to hear upbeat songs and music.

2. Throw a party: Have your child throw a "dinner party" and invite all their stuffed animals to attend. Pretend to prepare a big festive meal, going through the steps of cooking each dish. Then, set the table and sit down to dinner with your "guests."

3. Go on a Picnic: Learn about colors, shapes, manners and more while on a pretend picnic with the Shapes &



Statepoint.net

Sharing Picnic Basket for ages 6 months and older. Kids can lift the lid to hear cheerful phrases and unpack the 15 play pieces, including colorful plates, forks, cups and food. The interactive shape sorter on the lid recognizes and says the shape and color of each food piece. Kids will hear polite food requests and learning songs by pressing the butterfly button, and get rewarding responses that encourage good manners when they drop the correct food in the basket.

4. Run a Farm: One of the best ways to familiarize kids with where food comes from is to play farm. Incorporate a lightweight watering can, along with toy foods, into the game and pretend to do chores like watering plants, harvesting crops and gathering eggs.

5. Go Shopping: Kids can take turns being the shopper or the store clerk when playing with the Count-Along Basket & Scanner, designed for ages 2 years and up. Featuring play food, shopping lists and an interactive scanner that recognizes each food piece, kids can carry the shopping basket or expand it into a rolling shopping cart, switching between three interactive play modes to learn all about food groups, names of food, colors, shapes and numbers.

Food is a central part of life, providing nourishment and an opportunity to gather with loved ones. That's why it's so important to make sure it's part of playtime too. ♦

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How One Father's Dream Empowered His Son to Drive Change



Inspired by his father (left), Thiam founded a nonprofit in his honor.
Alioune Thiam

(STATEPOINT) Strengthening communities is often a family affair. At least it is in the case of Alioune Thiam and his siblings.

Thiam, a senior systems engineer at Amazon Web Services (AWS) who is now based in Minneapolis, doesn't take his own education for granted. He was born and raised in a village in Senegal where many parents didn't enroll their children in school, often due to a more pressing need for basic resources. His father, however, was a believer in the life-changing power of education and required his children to pursue it. Thiam would walk nearly 6 miles roundtrip to attend the nearest school from his home. Seeing this barrier his own children faced, Thiam's father eventually established a local school for the village.

Thiam's father passed away in 2016, and two years later, Thiam and his siblings founded KT & Fils, a nonprofit dedicated to promoting, supporting and funding education in their hometown village. The organization is named for their father, Kaiba Thiam, and "fils" which means "sons" in French.

Thiam learned about the Inclusion, Diversity and Equity (ID&E) Innovation Fund, a micro-grant program that

awards funding to AWS employees seeking to make a positive impact in under-represented communities. With a colleague's encouragement, Thiam applied last year on behalf of KT & Fils.

The ID&E Innovation Fund is one of the ways AWS scales its ID&E strategy globally. The organization has employees from all over the world, and they play a powerful role in advancing inclusion, diversity, and equity in their local communities.

Thiam was one of the 28 AWS employees who received a grant to partner with nonprofits or support their own nonprofits to make a difference in marginalized communities worldwide. With the grant, KT & Fils was able to build a solar-powered water pump that serves the village of over 500 residents and its school of 150 students. Ready access to clean water means that students have fewer illness-related absences, the school has functioning bathrooms, and girls do not have to miss class due to lack of water in the bathroom, their menstrual cycles, or to collect water for their families.

Thanks to this basic resource, more students have enrolled and are able to be successful there, according to Thiam.

However, he notes that there is still a lot more work to be done, which is why as part of the third annual Innovation Fund this year, AWS chose to renew his project, along with four other recurring projects. With this continued support, KT & Fils will identify and address other pressing roadblocks to education access in the village. Among the organization's ideas are to establish a sustainable agricultural system, whereby the nonprofit can grow food for the students and school staff. They are also brainstorming ways to leverage tech for good by providing devices for students and building a virtual library.

"My father was the most generous and inspirational man I have ever known, and I feel grateful to continue his legacy and commitment to expanding access to education from thousands of miles away," says Thiam. "We won't rest until 100 percent of the kids in our area have the opportunity to go to school and 80 percent of them graduate from high school. We believe all kids deserve the opportunity to access education that will transform their lives."



Fuel Up for Summer Fun

Dietitian-approved,
family-friendly recipes



Family Features.net

(FAMILY FEATURES) Summer sun brings an abundance of outdoor activities from jumping in the pool and playing in the yard to simply lounging in the shade. Making the most of those warm weather moments with loved ones means maximizing your time and fueling up for adventure with easy, kid-friendly recipes the whole family can enjoy.

From favorite snacks to homemade lunches, flavorful dishes that are quick to make using nutritious fruits and veggies can help keep your family ready for whatever summer brings. Dietitian-approved recipes like Peanut Butter and Jelly Sweetpotato Taquitos and Easy Homemade Salsa offer better-for-you summer solutions with healthy ingredients like sweetpotatoes, blueber-

ries, raspberries, sweet onions, Roma tomatoes and more.

Ready in less than 30 minutes, these taquitos let you enjoy the convenient benefits of cooking with an air fryer, including:

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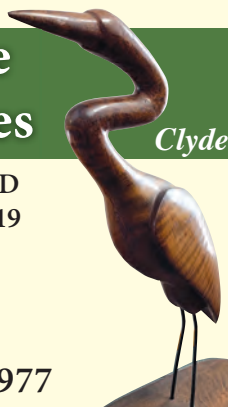
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foods faster than traditional methods and typically with less cleanup.

* **Versatility:** From vegetables and meats to desserts or reheating leftovers, air fryers can cook a variety of foods.

“Get into the kitchen together as a family and get cooking,” said Julie Lopez, registered dietitian and culinary nutrition chef. “Cooking together can help kids build self-confidence and lay down the foundation for healthy eating habits.”

While shopping for your family’s preferred ingredients, remember to look for the Produce for Kids and Healthy Family Project logos next to favorite items in the produce department, as adding these flavorful fruits and veggies to your cart can help make a difference in your community.

Visit HealthyFamilyProject.com to find more summer recipe inspiration.

Peanut Butter and Jelly Sweetpotato Taquitos

Recipe courtesy of Tracy Shaw on behalf of Healthy Family Project

Prep time: 5 minutes

Cook time: 20 minutes

Servings: 8

1 cup sweetpotatoes, peeled and diced small nonstick olive oil spray

½ cup peanut butter, preferred nut butter or nut-free butter

8 small, low-carb flour tortillas

1 cup blueberries, washed and dried

1 cup raspberries, washed and dried

Preheat air fryer to 400 F.

Add diced sweetpotatoes to air fryer basket and lightly spray with olive oil spray. Cook sweetpotatoes 10 minutes, shaking basket 1-2 times to toss sweetpotatoes.

Transfer cooked sweetpotatoes to medium bowl; add peanut butter and

mix well.

Lay tortillas on counter and place 1-2 tablespoons sweetpotato mixture on each tortilla.

Add blueberries and raspberries next to sweetpotato mixture.

Roll each tortilla tightly. Place rolled tortillas, seam sides down, in air fryer.

Spray tortillas lightly with olive oil spray.

Cook in air fryer 6-7 minutes.

Easy Homemade Salsa

Recipe courtesy of Healthy Family Project

Cook time: 10 minutes

Servings: 6

½ small RealSweet sweet onion, halved

5 mini sweet peppers, seeded and quartered

3 Roma tomatoes, quartered

1 ½ limes, juice only

¼ cup fresh cilantro

1 ½ teaspoons garlic salt, or to taste tortilla chips

In food processor, blend onion, peppers, tomatoes, lime juice, cilantro and garlic salt until desired consistency is reached. Serve with tortilla chips.





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Living With COPD? How to Navigate Palliative and Hospice Care



© Jovanmandic / iStock via Getty Images Plus

(STATEPOINT) Chronic obstructive pulmonary disease (COPD) is also referred to as emphysema or chronic bronchitis and makes it hard to breathe. During every stage of the disease, starting when a person is first diagnosed, different supportive care options are available that can improve quality of life, including palliative and hospice care.

It's important for families affected by COPD to have a plan in place regarding these care options. Having trusted tools and information can make getting the conversation started with healthcare providers easier.

That's why the American Lung Association, in partnership with Embassy Health, has launched a new campaign to educate patients and families about the benefits and differences of palliative and hospice care.

Palliative Care

Palliative care provides specialized medical care for people living with a chronic or serious illness. Surprisingly to many patients, it's appropriate at any stage of COPD. Early delivery of palliative care has the potential to reduce unnecessary hospital admissions and the use of health services. In fact, it's never too soon after a COPD diagnosis to ask a healthcare provider about adding in palliative care.

The intent of palliative care for those living with COPD is to improve their

condition, manage symptoms and address their wishes and treatment goals. These services are often provided by a team of palliative care specialist doctors and nurses, social workers, nutritionists and spiritual advisers, and can take place in the home, a hospital, outpatient clinic, assisted living facility, nursing home or palliative care center.

Hospice Care

When curative treatment options stop working, it's often referred to as end-stage or advanced COPD. This can be an extremely difficult time for patients and families, and a time where they need to make difficult decisions.

One treatment option for advanced COPD is hospice care. Hospice care focuses on bringing comfort and relief to a person with life-limiting COPD who has opted to no longer seek curative treatment. The goal is to consider the patient's overall wellbeing and improve their quality of their life.

While many worry it's too soon to start talking about hospice care, many patients discover that it comprises much more than end-of-life care.

When Carolynne, who has COPD, was hospitalized due to a severe exacerbation of the disease in November 2022, her healthcare team was especially concerned about her future and suggested hospice care. As she learned more, she began to understand that hospice en-

compasses supportive in-home care that could help prevent hospitalizations with another COPD flare-up. Carolynne's hospice care includes assistance with showers and medication, weekly nurse check-ins, chaplain visits, and in-home healthcare so that she doesn't have to travel to numerous medical appointments. This level of support has allowed her to focus her time and energy on her family and her favorite hobby, baking.

"I am living at home, and I can do as I please and hospice is helping me do it," Carolynne says. "It's just a different style of living; you are living with help."

Hospice care is delivered by a multidisciplinary team that can consist of nurses, doctors, social workers, spiritual advisers and trained volunteers. Everyone works together with the patient and their caregivers to provide medical, emotional and spiritual support. An approach to care, not a place, hospice can be offered in the home, a care center, hospital, assisted living facility or hospice center.

For more information about COPD care options, visit [Lung.org/copd-plan](https://lung.org/copd-plan).

For the 12.5 million people in the United States living with COPD and their families, having reliable information about supportive care options can mean fewer hospitalizations and a better quality of life.





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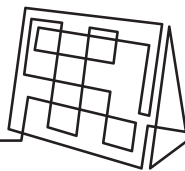
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Calendar

July 27 - Aug. 10, 2023



Del Norte County

LIFESTYLE & COMMUNITY

Del Norte County Fair. Aug. 3-6. Del Norte County Fairgrounds, 421 US-101, Crescent City. 2023 theme: "Stars and Stripes and Summer Nights." Carnival, music, food, entertainment, animals, races, rodeo. More info at dnfair.org.

Del Norte Fair Country Market. Saturdays, 10 a.m.-2 p.m. Del Norte County Fairgrounds, 421 US-101, Crescent City. Crafts, food, plants, antiques, produce and more.

Downtown Crescent City Farmers & Artisans Market. Wednesdays, 9 a.m.-2 p.m. Downtown Crescent City, 890 Third St. Vendors offer a variety of items that include locally grown produce, handmade craft items, ready-to-eat food, and more. Located on Front & K streets..

Harbor Farmers Market. Saturdays, 9 a.m.-1:30 p.m. Crescent City Harbor District, 101 Citizens Dock Rd. Shop for local fruits, vegetables, bread, meat and eggs, plus homemade crafts, delicious food and fresh flowers at Crescent City's scenic harbor and marina.

Ocean Air Farms Farm Stand. Saturdays, 10 a.m.-3 p.m. Ocean Air Farms, 2420 Moorehead Road, Crescent City. Roadside farm stand offering homegrown organic veggies and produce.

Trinity County

LIFESTYLE & COMMUNITY

Weaverville Certified Farmers Market. Wednesdays, 4-7 p.m. The Highland Art Center, 691 Main Street, Weaverville. Fresh, locally grown foods, honey, baked goods, artisanal crafts and herbal medicine. highlandartcenter.org.

NIGHTLIFE

Open Mic Night. Thursdays, 4-7 p.m. Trinity County Brewing Co., 301 Main St. (State Route 299), Weaverville. Food, music, beer and friends.

Humboldt County

ARTS & CULTURE

'No Strings Attached' Trivia. Tuesdays, 6 p.m.

Savage Henry Comedy Club, 415 Fifth St., Eureka. Enjoy trivia games hosted by local comedians and compete for prizes. Trivia is followed by a feature comedy show at 9 p.m. Free. info@savagehenrycomedy.com. savagehenrycomedy.com. (707) 845-8864.

Art Club. First Wednesday of every month, 6:30-8:30 p.m. Redwood Retro, 211 G St., Eureka. Come for the conversation and bring your own project or get materials and instruction for an additional fee. Sign up and this month's project online. \$22. stainedghost.com.

Beatles Sing-Along. Sat., July 29, 5:45-7:30 p.m. Dell'Arte, 131 H St., Blue Lake. Closing out the street stage performances of the all-day free Humboldt Folklife Folk Festival will be the annual Beatles sing-along led by Joel Sonenshein and friends. Come sing a bunch of your all-time favorites. Songbooks will be provided. Free. humboldtfolklife.com/2023-folklife-festival. (707) 502-2121.

Book Reading. Sun., July 30, 1-4 p.m. Eureka Woman's Club, 1531 J St. Multi-author book reading with local and international authors. steph@stephritz.com. eurekawomansclub.org. 541-246-4446.

But Wait ... There's More. Fridays, 11 p.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. In late night TV style, Mark Sanders hosts a panel of comedians for jokes, comedy games and banter. Snacks, drinks, friendly atmosphere. All ages w/caution for language. \$5. savagehenrycomedy.com. (707) 845-8864.

Comedy Church. Sundays, 1-3 p.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. A sincere but lighthearted worship service open to people of all or no faith. Free. www.savagehenry.com. 707-845-8864.

Dances of Brazil. Thursdays, 5:30 p.m. Redwood Raks World Dance Studio, 824 L St., Arcata. Learn Brazilian dances with instructors Rocío Cristal and María Vanderhorst. All levels. Limited to five people. Register online. \$15. talavera.rocio@gmail.com.

Dog Days of Summer. Tue., Aug. 1, 4-5 p.m. Gene Lucas Community Center, 3300 Newburg Ave., Fortuna. Dog Days of

Summer Art Exhibition Juried exhibition of dog-themed exhibition including artists of all levels: professional, teens (ages 13-17), and youth (ages 12 and under). artsubmissions-GLC@gmail.com. glccenter.org.

Drink & Draw. Thursdays, 6 p.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. Self-guided art space and place hosted by Jessica Grant. Bring your own supplies or use ours. Snacks, drinks, friendly atmosphere. All ages w/caution for language. Ages 21 and up. Free. info@savagehenrycomedy.com. savagehenrycomedy.com. (707) 845-8864.

Farm to Table: Late Night Comedy. Saturdays, 11 p.m.-1:30 a.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. Baseball Robby curates this small batch artisanal stand-up comedy showcase. \$5. info@savagehenrycomedy.com. savagehenrycomedy.com. (707) 845-8864.

Fieldbrook Winery Thursday Evening Concert Series. Thursdays, 5:30-8 p.m. Fieldbrook Winery, 4241 Fieldbrook Road. Enjoy live music every Thursday night outdoors. July 20: Fickle Hill (bluegrass), July 27: Citizen Funk with Claire Bent fieldbrook-winery.com.

Figure Drawing at Synopsis. Thursdays, 7-9 p.m. Synopsis Collective, 1675 Union St., Eureka. With a live model. Bring your own art supplies. Call to contact Clint. \$5. synopsisperformance.com. (707) 362-9392.

Figure Drawing. Wednesdays, 6-8:30 p.m. Blondies Food And Drink, 420 E. California Ave., Arcata. \$5. blondiesfoodanddrink.com.

First Tuesday of the Month Sing-Along. First Tuesday of every month, 7-9 p.m. Arcata Community Center, 321 Dr. Martin Luther King Jr. Parkway. Join Joel Sonenshein as he leads a sing-along of your favorite folk, rock, and pop songs of the Sixties and Seventies. Songbooks are provided. Just bring your voice. \$3. (707) 407-6496.

Fort Humboldt Historic Tour. Saturdays, 1 p.m. Fort Humboldt State Historic Park, 3431 Fort Ave., Eureka. Join interpreter William on an hour-long walking tour of the park. Meet at the flag pole next to the parking lot. Free.

Friday Night Jazz. Fridays, 8-10 p.m. The SpeakEasy, 411 Opera Alley, Eureka. Live local jazz with the Opera Alley Cats. Free. elvisatemydonuts@hotmail.com. (707) 444-2244.

Grown Up Movie Night at HBSC. Tuesdays,

6-8 p.m. Humboldt Bay Social Club, 900 New Navy Base Road, Samoa. Drinks and snacks available while you watch classics and get cozy in the Lobby Bar. Movie titles are listed online. Free. humboldtbaysocialclub.com/our-events. (707) 502-8544.

Grown Up Movie Night. Sundays, 6-8 p.m. Scotia Lodge, 100 Main St. Finish off the weekend with classics in the lounge. Food and drinks available at the lodge's Main & Mill restaurant. Movies are PG/PG-13 and titles are listed online. Free. scotia-lodge.com/hosted-events. (707) 298-7139.

Hip Hop Thursdays. Thursdays, 9 p.m.-2 a.m. The Jam, 915 H St., Arcata. Chuck Angeles, Starcata and Pressure. Free. thejamarcata.com. (707) 822-5266.

July Lasting Impressions. Thu., July 27, 9-11 p.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. Watch comics come alive as celebrities and battle each other to crown the winner. Audience participation encouraged. \$10. www.savagahenrycomedy.com. 707-845-8864.

Live Music at Fieldbrook Winery. Sundays, 1:30-4 p.m. and Saturdays, 1:30-4 p.m. Fieldbrook Winery, 4241 Fieldbrook Road. Outdoor weekend music series. Saturdays will feature electric bands. Sundays will offer more acoustic or semi-acoustic folk and American groups or quieter jazz combos. Free admission. fieldbrookwinery.com.

Live Music at FM. Fridays, 6-8:30 p.m. Fieldbrook Market & Eatery, 4636 Fieldbrook Road. Every Friday, local bands play folk, bluegrass, Americana. Always family friendly. Check Facebook or Instagram for the lineup. Free. fieldbrook-market@gmail.com. (707) 633-6097.

Live Music at RCB. Thursdays, 6-9 p.m. Redwood Curtain Brewing Co. Myrtle Ave. Tasting Room, 1595 B Myrtle Ave., Eureka.

Live music on the outside patio. Full schedule online. Free. redwoodcurtainbrewing.com. (707) 269-7143.

Open Mikey. Wednesdays, 9-11 p.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. The longest running comedy open-mic in the county. Sign up at 9 p.m. for a five-minute set. Show at 9:30 p.m. Snacks, drinks, zero hate speech tolerated. All-ages w/caution for language. Free, donations accepted. info@savagahenrycomedy.com. savagahenrycomedy.com. (707) 845-8864.

Pat McCutcheon Poetry Reading. Sat., July 29, 6-8 p.m. Humboldt Unitarian Universalist Fellowship, 24 Fellowship Way, Bayside. Pat reads from her debut collection of poems, *Through the Labyrinth*. Refreshments. Book available for sale and signing. Free. www.huuf.org.

Pros and Context. Fridays, 7-8 p.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. Taking on a new state each week to explore its pros and cons through improv comedy. Snacks, drinks. All ages w/caution for language. Free. savagahenrycomedy.com. (707) 845-8864.

Quartet Noir Live at Fieldbrook Market. Fri., July 28, 6-8 p.m. Fieldbrook Market & Eatery, 4636 Fieldbrook Road. Early evening of live music. Jazz, blues, bossa nova, swing. Free. quartetnoir@gmail.com.

Reggae Last Thursdays w/Sarge One Wise. Last Thursday of every month, 9 p.m.-2 a.m. The Jam, 915 H St., Arcata. Sarge One Wise, The Wisdom Band and other guests. \$5, free for students. thejamarcata.com. (707) 822-5266.

RLAD Jazz/Fusion. Mondays, 5-8 p.m. Larrupin' Cafe, 1658 Patricks Point Drive, Trinidad. Popular jazz/fusion quartet blending the RLA trio with L.A. studio guitarist Doug Marcum. Tim Randles (keyboard),

Doug Marcum (guitar), Ken Lawrence (bass), Mike Labolle (drums). Free. timrandlespiano@gmail.com. thelarrupin.com. (707) 677-0230.

Sci-Fi Night: Arena (1989). Wed., Aug. 2, 6-9 p.m. Arcata Theatre Lounge, 1036 G St. Pre-show at 6 p.m. Raffle at 7 p.m. Main feature at 7:05 p.m. Rated PG13. All ages (12 and under parental guidance suggested). \$5, \$9 admission and poster. info@arcatatheatre.com. www.facebook.com/events/1441771746621283/. 707-613-3030.

Sketchy Wednesdays Eureka. Every other Wednesday, 11 a.m.-10 p.m. Redwood Curtain Brewing Co. Myrtle Ave. Tasting Room, 1595 B Myrtle Ave., Eureka. Drink a beer and sketch the subject matter provided. The best drawing wins a \$20 gift card. Free.

Sketchy Wednesdays. Wed., Aug. 2, 11 a.m.-10 p.m. Redwood Curtain Brewery & Tasting Room, 550 South G St., #4, Arcata. Come in during business hours, drink some beer and sketch! Submit your drawing of the provided subject for a chance to win a \$20 gift card. FREE. redwoodcurtainbrewing.com. 707-826-7222.

Stand-up Comedy Workshop. Sundays, 7-8 p.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. Led by local stand-up comic Jessica Grant. Bring a pen or pencil, and circle up to talk shop about jokes. Open to anyone interested in performing stand-up comedy. Drop-ins welcome. Free, donations accepted. JessicaGrantComedy@gmail.com. savagahenrycomedy.com. (707) 845-8864.

Summer Concert Series and Art Market in the Arcata Plaza. Sundays, 11 a.m.-4 p.m. Arcata Plaza, Ninth and G streets. Each week will feature a different local band and host a vibrant market with 30 vendors, beer and

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wine for sale. Bring a blanket for a picnic, your dancing shoes and the kiddos for a day of fun. Free. arcatamainstreet@gmail.com. arcatamainstreet.com. (707) 822-4500.

Summer Concert Series. Thursdays, 6-8 p.m. Madaket Plaza, Foot of C Street, Eureka. Open-air music each week on Eureka's waterfront. Patino's Mexican Food Truck and Cap's Food Shack will be on site each week. Presented by Eureka Main Street. July 27: LC Diamonds (classic hits), Aug. 3: Petty Rocks (Tom Petty tribute) Free. eurekamainstreet.org.

Sunday Jazz Jams. Sundays, 5:30-8:30 p.m. Blondies Food And Drink, 420 E. California Ave., Arcata. Every Sunday. Jazz players, all ages, all levels. Bring your ax and play some Real Book tunes. Everybody who wants to plays. Free. blondiesfoodanddrink@gmail.com. blondiesfoodanddrink.com. (707) 822-3453.

Sunday Open Mic. Sundays, 9-11 p.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. Sign-ups at 9 p.m., show at 9:30 p.m., local favorite features for the 10@10. Comics get five minutes. Zero hate speech tolerated. All-ages w/caution for language. Snacks, drinks. Free, donations accepted. info@savagehenrycomedy.com. savagehenrycomedy.com. (707) 845-8864.

Trinidad Art Nights. Last Saturday of every month, 6-9 p.m. Trinidad, Downtown. Venues throughout town feature a variety of art and music; activities for children include arts and crafts, a skate park, games and face painting. Fire spinning July and Sept. TBA. Pop-up tastings at 5 p.m. trinidadarts.com. (707) 834-2479.

Turntable Tuesdays Arcata. Every other Tuesday. Redwood Curtain Brewery & Tasting Room, 550 South G St., #4, Arcata. Join vinyl lovers to share your treasures and play them in house. Free. redwoodcurtainbrewing.com. (707) 826-7222.

Washington Square Wednesdays. Wednesdays, 6-9 p.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. Bring your own board and play chess. Snacks, drinks, friendly atmosphere for all-ages. ID to drink. Free, donations accepted. savagehenrycomedy.com. (707) 845-8864.

Wicked Wednesday Comedy. Wednesdays, 8 p.m. The Siren's Song Tavern, 325 Second St., Eureka. Peter Nelson hosts a stand-up open mic with different comedians. Free. sirensongtavern.com.

Word Humboldt Spoken Word Open Mic.

Tuesdays, 6-9 p.m. Northtown Coffee, 1603 G St., Arcata. Sign up list goes up at 6 p.m., and the open mic kicks off at 6:30 p.m. Two rounds of open mic poetry and a featured poet. Everyone is welcome, especially new performers. LGBTQ+ friendly. Free. instagram.com/wordhum.

LIFESTYLE & COMMUNITY

63rd Annual Westhaven Wild Blackberry Festival.

Sun., July 30, 10 a.m.-4 p.m. Westhaven Fire Hall, 446 Sixth Ave., Trinidad. Enjoy live music all day, local craft vendors, food trucks, kids activities, firehouse tours and more. Homemade blackberry pies, jams and jellies, soft drinks, beer, wine and mimosas available for sale. Bands include Pete Monahan, The Back Seat Drivers, Turtle Goodwater and Sequoia Rose.

Adult Skate Night. Last Saturday of every month, 6:30-9:30 p.m. Fortuna Skating Rink, Rohner Park. 18 and older only. IDs checked at door. Alcohol and drug-free event. \$5.50, includes skate rental.

Arcata Plaza Farmers Market. Saturdays, 9 a.m.-2 p.m. Arcata Plaza, Ninth and G streets. Fresh produce, meat, fish, cheese, eggs, bread, flowers and more. Music and hot food vendors. No pets, but trained, ADA-certified, service animals are welcome. Free. info@northcoastgrowersassociation.org. northcoastgrowersassociation.org/arcataplaza.html. (707) 441-9999.

Baduwa't Festival 2023. Dell'Arte, 131 H St., Blue Lake. Dell'Arte International's four-week summer celebration of theater, family friendly entertainment, music and performance. dellarte.com/online-season/baduwat-festival-2/.

Bikes, Birds and Brews. Thu., July 27, 6-7:30 p.m. Blue Lake, Off State Route 299, Exit 5. Join trip leader Janelle Chojnacki for an evening birding bike ride along the Mad River. Meet on the curb outside Mad River Brewery, then bike at a leisurely pace to the Mad River hatchery, bike down the levee if there's time, and then end the trip at the Mad River Brewery for a cool beverage. Free. www.ras.org.

Blue Lake Farmers Market. Sundays, 12-4 p.m. Blue Lake Farmers' Market, H and 1st streets. Summer Sundays bring farmers, local artisans, music, food and libations to the heart of Downtown Blue Lake. Free. info@northcoastgrowersassociation.org. www.northcoastgrowersassociation.org/

bluelakesundaymarket.html. 7074419999.

Emerald Triangle Rondo Green Fest. Sat., July 29, 4 p.m. Mateel Community Center, 59 Rusk Lane, Redway. Music, crafts, vendors, art celebrating cannabis, multimedia presentations, laser light shows and more. Alien-themed costumes and face painting are encouraged for a planned video shoot. Family fun event. \$20, free for kids under 12. mateel.org.

Eureka Street Art Festival - Beautifying Broadway.

July 31-Aug. 5. City of Eureka, Humboldt County. Watch as local and international artists paint murals and create street art, and enjoy artist talks, daily tours and special events. Free. www.eurekastreetartfestival.com/.

Family Movie Day at HBSC. Sundays, 2-4 p.m. Humboldt Bay Social Club, 900 New Navy Base Road, Samoa. Bring the family out and get cozy and enjoy favorites rated G-PG. Drinks and snacks available at the Lobby Bar. Movie titles are on listed online. Free. humboldtbaysocialclub.com/our-events. (707) 502-8544.

Family Movie Night. Wednesdays, 5-7 p.m. Scotia Lodge, 100 Main St. Bring the family and enjoy classics in the lounge area. Food and drinks available at Main & Mill. Movies are G-PG and the titles are listed online under events. Free. scotia-lodge.com/hosted-events. (707) 298-7139.

Farm Stand. Saturdays, 10 a.m.-2 p.m. Table Bluff Farm, 101 Clough Road, Loleta. Regeneratively-grown seasonal veggies, flowers, meats and other items made by Humboldt County locals and small businesses. Cash, card, Venmo, Apple Pay and soon to accept EBT payments. info@tableblufffarm.com. TableBluffFarm.com. (707) 890-6699.

Ferndale Merchants Hospitality Nights.

Fridays, 5-8 p.m. Ferndale Main Street, Ferndale. Shop local, support your community, and enjoy exclusive deals from participating merchants.

FOAM Marsh Tour. Sat., July 29, 2 p.m. Arcata Marsh and Wildlife Sanctuary, South I Street. Meet leader Katy Allen at 2 p.m. in the lobby of the Interpretive Center on South G Street for a 90-minute, rain-or-shine walk focusing on Marsh plants, birds, history and/or ecology. Free. (707) 826-2359.

Fortuna Farmers Market. Tuesdays, 3-6 p.m. 10th and Main streets, 10th and Main streets, Fortuna. Fresh produce, meat, fish, cheese, eggs, bread, flowers and more. Music and

hot food vendors. No pets, but trained, ADA-certified, service animals are welcome. Free. info@northcoastgrowersassociation.org. northcoastgrowersassociation.org/fortuna.html. (707) 441-9999.

Free Produce Market. Thu., July 27, 11 a.m.-1 p.m. Bayshore Mall, 3300 Broadway, Eureka. Food for People hosts this seasonal free produce market to ensure that everyone can have access to nutritious, seasonal produce and some pantry staples needed for good health. The Bayshore Mall location is a drive-thru distribution. Free.

Free Summer Food Program. Mondays-Thursdays. Jefferson Community Center, 1000 B St., Eureka. Free fresh lunches for kids and teens 18 and under prepared by chef Chelsea. No income requirements or registration. Closed July 24-28. Served on site in the J Cafe. Free. facebook.com/jefferson.project.

Friday Night Market. Fridays, 5:30-8:30 p.m. Old Town, Eureka, 317 Third St. A bustling farmers market, arts and craft vendors, bar featuring the Humboldt produced beverages, a variety of food vendors and live music for dancing on three stages. Free. humboldt-made.com/eureka-friday-night-market.

Garberville Farmers Market. Fridays, 11 a.m.-3 p.m. Garberville Town Square, Church Street. Fresh produce, meat, fish, cheese, eggs, bread, flowers and more. Music and hot food vendors. No pets, but trained, ADA-certified, service animals are welcome. Free. info@northcoastgrowersassociation.org. northcoastgrowersassociation.org/garberville.html. (707) 441-9999.

Get Out and Play Day. Sat., July 29, 10 a.m.-4 p.m. City of Eureka, Humboldt County. Free activities all over the city of Eureka. See schedule at event URL www.facebook.com/events/935754820865291. 707-441-4248.

Guided Birding Field Trip. Sat., July 29, 8:30-11 a.m. Arcata Marsh and Wildlife Sanctuary, South I Street. Bring your binoculars and meet trip leader Jude Power at the end of South I Street (Klopp Lake) for easy-to-walk trails and an opportunity to view a diverse range of species. Free. www.ras.org.

Henderson Center Farmers Market. Thursdays, 10 a.m.-1 p.m. Henderson Center, Henderson near F Street, Eureka. Fresh fruits and vegetables, baked goods, jam, plants and more. Music and hot food vendors. No pets are allowed, but trained, ADA-certified, service animals are welcome. Free.

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info@northcoastgrowersassociation.org,
northcoastgrowersassociation.org/hender-soncenter.html. (707) 441-9999.

Humboldt Crabs Baseball. Fridays, 7-10 p.m. Arcata Ball Park, Ninth and F streets. Independent, collegiate, wood-bat baseball games on most Tuesdays (7 p.m.), Wednesdays (7 p.m.), Fridays (7 p.m.) and Saturday nights (6:30 p.m.). Sunday games at 12:30 p.m. Tickets available at Wildberries Marketplace or online. No tickets at the gates. Gates open one hour prior to start time. Outside food, empty water containers, blankets, folding chairs and credit cards are accepted. \$10. humboldtcraabs@gmail.com. humboldtcraabs.com/schedule/. (707) 840-5665.

Humboldt Folklife Festival. Dell'Arte, 131 H St., Blue Lake. Multi-day music festival featuring bluegrass, folk, country, singer/songwriters and more. humboldtfolklife.com.

Kid's Night at the Museum. Fridays, 5:30-8 p.m. Redwood Discovery Museum, 612 G St., Eureka. Drop off your 3.5-12 year old for interactive exhibits, science experiments, crafts and games, exploring the planetarium, playing in the water table or jumping into the soft blocks. \$17-\$20. info@discovery-museum.org. discovery-museum.org/classesprograms.html. (707) 443-9694.

Look Closer and Make Connections. First Tuesday of every month, 10 a.m.-5 p.m. Natural History Museum of Cal Poly Humboldt, 1242 G St., Arcata. Explore new exhibits and activities, including marine science, a bear, discovery boxes, microscopes, puzzles, scavenger hunts and more. Tuesday through Friday. \$3 youth, \$6 adult, \$15 family, free for members. natmus@humboldt.edu. humboldt.edu/natmus. (707) 826-4480.

McKinleyville Farmers Market. Thursdays, 3-6 p.m. Eureka Natural Foods, McKinleyville, 2165 Central Ave. Fresh fruits and vegetables, hot cocoa and more. Music and hot food vendors. No pets are allowed, but trained, ADA certified, service animals are welcome. Free. info@northcoastgrowersassociation.org. northcoastgrowersassociation.org/mckinleyville.html. (707) 441-9999.

Merriment Monday: Shuffleboard Tournament. Mon., July 31, 6-9 p.m. Redwood Curtain Brewery & Tasting Room, 550 South G St., #4, Arcata. A casual shuffleboard tournament with prizes for the winners. Free. redwoodcurtainbrewing.com.

Miranda Farmers Market. Mondays, 2-6 p.m. Miranda Market, 6685 Avenue of the Giants. Fresh fruits and vegetables, plant starts, flowers and more. No pets are allowed, but trained, ADA certified, service animals are welcome. Free. info@northcoastgrowersassociation.org. northcoastgrowersassociation.org/miranda.html. (707) 441-9999.

Monthly Meeting VFW Post 1872. First Tuesday of every month, 6-7 p.m. Redwood Empire VFW Post 1872, 1018 H St., Eureka. Calling all combat veterans and all veterans eligible for membership in Veterans of Foreign Wars to meet comrades and learn about events in the renovated Memorial Building. Free. PearceHansen999@outlook.com. (707) 443-5331.

Old Town Eureka Tours. Saturdays, 12-1:30 p.m. Clarke Historical Museum, Third and E streets, Eureka. A behind-the-scenes look at local history hosted by the Eureka Community Services Department. No registration required. clarkemuseum.org. (707) 441-4080.

Old Town Farmers Market. Tuesdays, 10 a.m.-1 p.m. Old Town Gazebo, Second and F streets, Eureka. Fresh fruits and vegetables, baked goods, jam, crafts and more. Live music. Trained, ADA-certified service animals only. CalFresh EBT customers are able to receive a market match at every farmers market. Free. info@northcoastgrowersassociation.org. northcoastgrowersassociation.org/oldtown.html. (707) 441-9999.

Redwood National Park Birding Field Trip. Sun., July 30, 9-11:30 a.m. Redwood National Parks, Humboldt, Humboldt/Del Norte. Bring your scope for sea-watching where the group may see Clark's Grebe and Pigeon Guillemot, among other species. Meet trip leader Ken Burton (shrikethree@gmail.com) at the Thomas H. Kuchel Visitor Center at 9 a.m. Contact Ken at least 24 hours ahead of walk to sign up. Free. www.rras.org.

Roll on the Mattole. Sat., July 29, noon-midnight. Mattole Grange, 36512 Mattole Road, Petrolia. Annual benefit for the Honeydew Volunteer Fire Department. Food and craft vendors, wildland firefighter challenge and a full day of music featuring Checkered Past, Makenu, Horse Mountain Band, SoHum Girls, Elderberry Rust String Band and more. \$30, \$25 seniors/students, Free for kids 12 and under w/adult.

Russ Ranch Wetlands Shorebird-centric Walk. Sat., July 29, 4-6:30 p.m. Centerville Beach County Park, Centerville Road,

Ferndale. Join Redwood Region Audubon Society at the Russ Ranch Wetlands for this late afternoon, shorebird-centric walk led by Cal Poly Humboldt wildlife student Emmett Iverson. Meet at the main parking lot for Centerville Beach. Free. www.rras.org.

Sea Goat Farmstand. Saturdays, 9 a.m.-1 p.m. Abbey of the Redwoods, 1450 Hiller Road, McKinleyville. Fresh veggies grown on site, local eggs and sourdough bread. Work from local artists and artisans. flowerstone333@gmail.com. (530) 205-5882.

Shelter Cove Farmers Market. Tuesdays, 11 a.m.-3 p.m. Mario's Marina Bar, 533 Machi Road, Shelter Cove. Fresh fruits and vegetables, meat, flowers and more. No pets are allowed, but trained, ADA certified, service animals are welcome. Free. info@northcoastgrowersassociation.org. northcoastgrowersassociation.org/sheltercove.html. (707) 441-9999.

Skate Night. Fri., July 28, 6:30-9 p.m. Eureka Municipal Auditorium, 1120 F St. First-come, first-serve. No pre-registration needed. Maximum of 75 skaters. \$6 adult, \$5 for ages 17 and under. (707) 441-4248.

Stock Car Racing. Fri., July 28 and Sat., July 29. Redwood Acres Raceway, 3750 Harris St., Eureka. Schedule and tickets online. racintheacres.com.

Tacos and Art Night at the Sanctuary. Tuesdays, 6-9 p.m. The Sanctuary, 1301 J St., Arcata. Potluck tacos from 6 to 7:30 p.m. We'll make fresh tortillas, you bring a taco topping (or donation), share a meal and everybody cleans up. Art from 7 p.m. Bring a project or join one, supplies provided. \$5-\$10. together@sanctuaryarcata.org. sanctuaryarcata.org.

Trinidad Artisans Market. Sundays, 11 a.m.-3 p.m. Trinidad, Downtown. Art, crafts, live music and barbecue. Next to Murphy's Market.

Wildwood Days. Aug. 3-6. Downtown Rio Dell, Rio Dell. Rio Dell Volunteer Fire Department fundraiser with a cruise, Soap Box Derby, kids' night, penny scramble, vendors, kids' talent show, fire truck rides, street dance, food, music festival, bocce tournament, softball tournament, riding mower/flat track bike races and a firefighter's barbecue and auction.

Willow Creek Farmers Market. Thursdays, 4-7 p.m. Veteran's Park, 100 Kimtu Road,

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humboldtinsider.com/weddings

THE NORTH COAST'S COMPLETE
Wedding Guide

CONTINUED ON NEXT PAGE →

Calendar

← CONTINUED FROM PREVIOUS PAGE

Willow Creek. Fresh fruits and vegetables, fish, artisans and more. Music and hot food vendors. No pets are allowed, but trained, ADA certified, service animals are welcome. Free. info@northcoastgrowersassociation.org. northcoastgrowersassociation.org/willowcreek.html. (707) 441-9999.

NIGHTLIFE

Karaoke w/Dustin. Mondays, 9 p.m.-1 a.m. The Jam, 915 H St., Arcata. Karaoke night. Free. thejamarcata.com. (707) 822-5266.

Karaoke. Tuesdays, 8 p.m. Firewater Lounge, Cher-Ae Heights Casino, 27 Scenic Drive, Trinidad. Pick a song and sing.

Open Mic. Thursdays, 8-11 p.m. The Siren's Song Tavern, 325 Second St., Eureka. Sign up starts at 7 p.m., show starts at 8 p.m. Hosted by Tim Trip. Free. timmtrip@gmail.com. sirensongtavern.com.

Reel Genius Trivia Fourth Friday at Papa & Barkley. Fourth Friday of every month, 6-8 p.m. Papa & Barkley Social, 4325 Broadway, Eureka. General trivia. Ages 21 and up w/ID. Free to play. Win prizes. Max seven per

team. Free. partners@reelgeniustrivia.com. (707) 601-1606.

Reel Genius Trivia Wednesdays.

Wednesdays, 6-8 p.m. The Madrone Taphouse, 421 Third St., Eureka. General trivia; fun for everyone. Free to play, win prizes. Max seven players per team. partners@reelgeniustrivia.com. fb.me/e/2ewBnU7oH. (707) 601-1606.

Science on Tap. First Wednesday of every month, 6-7:30 p.m. Blondies Food And Drink, 420 E. California Ave., Arcata. Education can be fun! Come and drink some beer and hear a local professor blind you with science. Free. blondiesfoodanddrink.com.

Throw 'Em Back Thursdays. First Thursday of every month, 9 p.m. Wave Lounge, Blue Lake Casino, 777 Casino Way. DJ Statik spinning throwback, hip hop and R&B. Free. bluelakecasino.com/entertainment/wave.

Thursday-Friday-Saturday Canteen.

Saturdays, 3-9 p.m. Redwood Empire VFW Post 1872, 1018 H St., Eureka. See the newly remodeled Memorial Building and enjoy a cold beverage in the canteen with comrades. Play pool or darts. If you're a veteran, this place is for you. Free. PearceHansen999@

outlook.com. (707) 443-5331.

Mendocino County

LIFESTYLE & COMMUNITY

Fort Bragg Farmers Market. Wednesdays, 2-4:30 p.m. Fort Bragg Farmers Market, N Franklin St. & E Laurel St. Seasonal fruits, vegetables, organic and free range beef and pork and eggs, wild-caught local fish and seafood, artisan goat cheese, sweets, breads, flowers and plants. Plus, hot food, live music.

Thursday Garden Tours. Thursdays, 1-3 p.m. Mendocino Coast Botanical Gardens, 18220 North Highway 1, Fort Bragg. These weekly one-hour introductory tours of the Mendocino Coast Botanical Gardens focus on the gardens' many plant collections. Free with regular gardens admission, free for members. gardenbythesea.org.

Ukiah Farmers Market. Saturdays, 9 a.m.-noon. Alex Thomas Plaza, School and Clay streets, Ukiah.



HUMBOLDT COUNTY Fair
SINCE 1988

CHILI COOK-OFF

COMMEMORATIVE TASTER'S MUGS JUST \$10

THURSDAY, AUGUST 24TH, 2023

Enjoy Great Chili, Live Music & Great Company with celebrity host **GUY FIERI!**
Guaranteed Good Time!

Cooking starts at 11 AM
Tasting begins 3 PM

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HOME COUNTRY

By Slim Randles



“HOT? YOU BOYS think this here weather is hot? You jest don’t know, do you?”

“What do you mean, Windy?” said Doc.

“Wellsir, back in the old days, you know, when we was younger, there came upon us here in the valley a hot-em-up wave that tried to kill us. Your folks ever tell you ‘bout the wreck at the river with me and Old Man Jenkins?”

Didn’t look like anyone had.

“Pass that syrup over, will ya, Steve? Thanks. Well, the hot-em-up started off slow, you know they do that sometimes. Little stuff like burnin’ up your hands jest grabbin’ a brandin’ arn.”

“Well, sure,” Doc said, “if you’re dumb enough to grab a branding iron, you’re going to get burnt.”

“This here was the *handle* of the brandin’ arn, Doc, not the part in the fire.”

“Oh, I see. You were wearing gloves though, right?”

“Couldn’t stand to have them on. Too hot. And sweat? Never saw nothin’ like it.

Old Man Jenkins sweated so much his boots filled up with sweat and it cooked his toes to a perfect parbroiled brown.”

“Did he eat them, Windy?”

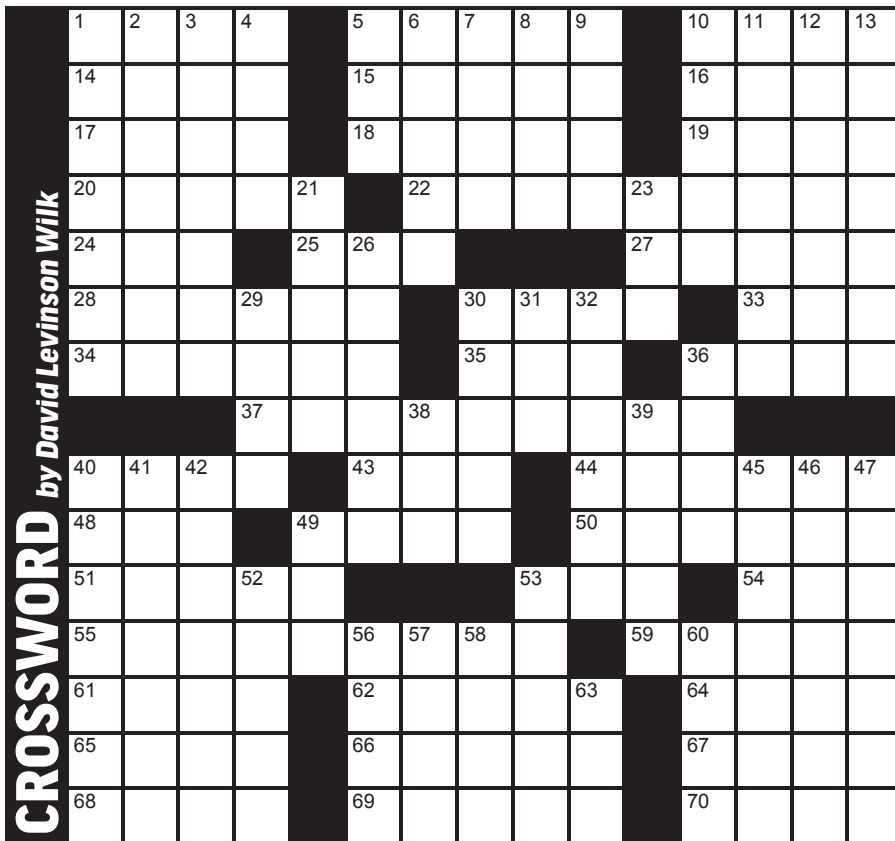
“Naw. We had plenty of mountain oysters around, you know how it is, and he said he hadn’t had a shower in a while, so they probably wouldn’t taste that good anyway. So he kept them.”

“They didn’t fall off?”

“They thought ‘bout fallin’ off. Thassa fact. But sometimes ol’ Mama Nature knows how to help an ol’ cowboy. Yessir, thass what saved Jenkins’ toes. Had a terrible freeze that night and jest froze them toes back in place.”

Nature, and Windy’s stories, sometimes defy history. ♦

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BALD — Answers in the next edition

ACROSS

1. What this puzzle starts with that, by 70-Across, it's lost
5. Test ban subject, briefly
10. Dealer's enemy
14. ___ occasion (never)
15. Craze
16. Obama's favorite character on "The Wire"
17. Locale of 1869's Golden Spike
18. Process, as ore
19. ___ spell (rest)
20. Hands (out)
22. 24-hour period in which no one understands you when you say "Yes" to them in Japanese?
24. Italian diminutive suffix
25. Long time
27. Muse for Lord Byron
28. Lupita who won an Oscar for her role in "12 Years a Slave"
30. Radiator sound
33. Kobe Bryant's team, on scoreboards
34. Loom
35. Biblical verb ending
36. Spydom's ___ Hari
37. Ekes out a victory in a stand-up competition?
40. They may be cast-iron
43. Cut short
44. Got an eyeful
48. "Bravo!" to a torero
49. ___ Ren ("Star Wars: The Force Awakens" character)
50. Do the watusi, e.g.
51. Computer hookup?
53. Vote in favor
54. Part of "btw"
55. Ones who make the symbol for the first element on the Periodic Table look really, really good?
59. Rx order
61. Meadow bird
62. "The Kelly File" anchor Kelly
64. It might be wild or dirty
65. Gen. Robt. ___
66. Spring zodiac sign
67. ___ instant
68. UPS driver assignments: Abbr.
69. Three-country agreement of '94
70. Lacking 1-Across

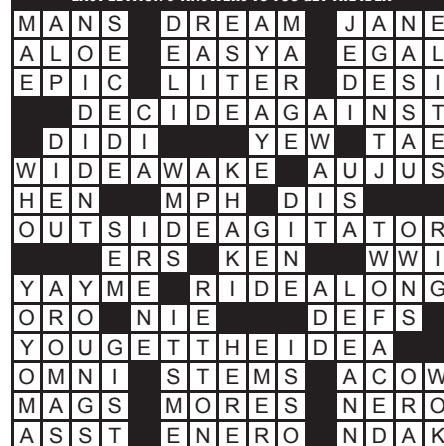
DOWN

1. Historic figure whose gravestone features the emblem of the Society of American Magicians
2. Love, to hate?
3. How GIFs play
4. Architect Mies van der ___
5. "___ Pinafore"
6. 1959 hit song "La ___"
7. Top draft status
8. In the 70s, say
9. Financial shellacking
10. Boot camp reply
11. "Star Wars" queen and senator
12. Sound of a woodpecker pecking
13. First sold in 1903, brand that promoted itself as

being "for educational color work"

21. Signs, in Sorrento
23. Two-time loser to DDE
26. Dangerfield of "Caddyshack"
29. It might be late-breaking
30. Charlie ___ (French weekly in 2015 news)
31. Odd ending?
32. Pal of Scooby-Doo
36. Bryn ___ College
38. Subj. of the book "Live From New York"
39. Chris of MSNBC
40. Fey's costar in 2015's "Sisters"
41. Veteran sailor
42. Source of an essential oil with medicinal properties
45. Subject of Spike Lee's "When the Levees Broke"
46. Unlikely to cheat
47. Part of a pool for diving
49. Kenan's old partner on Nickelodeon
52. Rug rats
53. To date
56. Mogadishu-born supermodel
57. Lab fluids
58. End-of-week cry
60. Digs
63. Subj. of Snowden leaks

LAST EDITION'S ANSWERS TO YOU GET THE IDEA



THE 127 ANNUAL HUMBOLDT COUNTY FAIR

Aug. 17-27

Ribbons, Rides, & Racing



AUGUST 17-27, 2023

*MAIN GATES OPEN AT NOON * CLOSED MON, AUG. 21*

ADMISSION PRICES

- \$15 General (13-61)
- \$10 Senior (62+)
- \$5 Children (6-12)
- FREE Kids Under 6
- \$45 Carnival Ride Pass
- \$5 Parking (per vehicle)

AUG. 17 & 24
Free admission
for 12 and under

AUG. 18
Free admission
for seniors 62+

Racing and all fair shows included with admission!

OFFICIAL PROGRAM

17 THURSDAY

KIDS DAY / OPENING DAY
Free admission for children 12 and under.
First 100 through the main gate
will receive a collector's pin.

ENTERTAINMENT

MIDWAY LAWN
RACING PIGS
1:15 PM, 2:45 PM, 4:15 PM

MAIN STAGE
PERCEPTIVES
12:30 PM, 2:00 PM, 5:00 PM

MIDWAY STAGE
RYAN RICE and THE REMEDY BAND
6:30 PM



23 WEDNESDAY

ENTERTAINMENT

MIDWAY LAWN
RACING PIGS
1:15 PM, 2:45 PM, 4:15 PM

MAIN STAGE
JUGGLERS
12:30 PM, 5:15 PM

DAIRY LAWN
WOOD CARVER
1:45 PM, 3:15 PM, 4:45 PM

YOUTH LIVESTOCK

- 8 AM Breeding Swine Show
- 8:30 AM Breeding Sheep Show
- 9 AM Youth Rabbit Showmanship
IN RABBIT BARN
- 9 AM Breeding Boer Goat Show
- 9:30 AM Breeding Cattle Show
- 10 AM Youth Registered Goats & Dairy Does
DAIRY JUDGING PAVILION
- 12 PM Youth Rabbit Show
IN RABBIT BARN
- 1 PM Market Goat Show
COVERED ARENA
- 4 PM Market Sheep Show
COVERED ARENA



ROAMING
THROUGHOUT THE DAY

MEMORIAL GARDEN & WALL
Starting on the 17th!
Visit our Memorial Wall in
Memorial Garden to write
appreciation notes &
memories of those
no longer with us
who served.



18 FRIDAY

SENIOR DAY
Free admission for seniors 62 and over.

ENTERTAINMENT

MIDWAY LAWN
RACING PIGS
1:15 PM, 2:45 PM, 4:15 PM

MAIN STAGE
PERCEPTIVES
12:30 PM, 2:00 PM, 5:00 PM

MIDWAY STAGE
UNDER THE INFLUENCE
6:30 PM

LIVE HORSE RACING: 3:15 PM



24 THURSDAY

KIDS DAY
Free admission for children 12 and under.

ENTERTAINMENT

MIDWAY LAWN
RACING PIGS
1:15 PM, 2:45 PM, 4:15 PM

MAIN STAGE
JUGGLERS
12:30 PM, 5:15 PM

GRANDSTANDS
THE UNDERCOVERS
5:00 PM

TRACK
CHILI COOK-OFF
3:00 PM

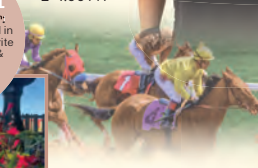
YOUTH LIVESTOCK

- 8 AM Market Swine Show
COVERED ARENA
- 1 PM Pygmy Goat Show
COVERED ARENA
- 3 PM Market Cattle Show
COVERED ARENA

CHILI COOK OFF
Hosted by **Guy Fieri**

12-5 PM
AT THE TRACK

RYAN RICE and THE REMEDY BAND
2-4:00 PM



19 SATURDAY

ENTERTAINMENT

MIDWAY LAWN
RACING PIGS
1:15 PM, 2:45 PM, 4:15 PM

MAIN STAGE
PERCEPTIVES
12:30 PM, 2:00 PM, 5:00 PM

MIDWAY STAGE
YOUNG & LOVELY
6:30 PM

OPEN LIVESTOCK
9 AM Dairy Goat Show
SHEEP BARN SHOW ARENA

12 PM Poultry Judging
POULTRY/RABBIT BARN

2 PM Dairy Cattle Show
DAIRY JUDGING PAVILION

4 PM Boer Goat Show
SHEEP BARN SHOW ARENA

LIVE HORSE RACING:
2:15 PM

25 FRIDAY

ENTERTAINMENT

MIDWAY LAWN
RACING PIGS
1:15 PM, 2:45 PM, 4:15 PM

MAIN STAGE
JUGGLERS
12:30 PM, 5:15 PM

MIDWAY STAGE
THE CRITICS
6:30 PM

LIVE HORSE RACING:
3:15 PM

YOUTH LIVESTOCK

- 9 AM Poultry Show
SMALL ANIMAL BARN
- 9 AM Dairy Showmanship
DAIRY JUDGING PAVILION
- 10:30 AM Dairy Show
DAIRY JUDGING PAVILION
- 5 PM Youth Tractor Driving Contest
- 7 PM Lead Contest
COVERED ARENA

HORSE RACING
Enjoy the race track at the Fair!



20 SUNDAY

HUMBOLDT DAY
Fun new event with a local
vendor market, beer garden
and a hosted Karaoke party

ENTERTAINMENT

MIDWAY LAWN
RACING PIGS
1:15 PM, 2:45 PM, 4:15 PM

MAIN STAGE
PERCEPTIVES
12:30 PM, 2:00 PM, 5:00 PM

FRIENDSHIP SQUARE
KARAOKE
6:00-9:00 PM

HUMBOLDT MADE
5:00-9:00 PM

OPEN LIVESTOCK

- 9 AM Sheep Show (all breeds)
SHEEP BARN SHOW ARENA
- 10 AM Rabbit Carrying Cage Show
POULTRY/RABBIT BARN
- 12 PM Beef Cattle Show
DAIRY JUDGING PAVILION

LIVE HORSE RACING:
2:15 PM

26 SATURDAY

LADIES HAT DAY
Come dressed to impress & compete in one of
the Hatagories for local prizes.
Free Forget-Me-Not photobooth.

ENTERTAINMENT

MIDWAY LAWN
RACING PIGS
1:15 PM, 2:45 PM, 4:15 PM

MAIN STAGE
JUGGLERS
12:30 PM, 5:15 PM

DAIRY LAWN
WOOD CARVER
1:45 PM, 3:15 PM, 4:45 PM

MIDWAY STAGE
OBJECT HEAVY
6:30 PM

LIVE HORSE RACING: 2:15 PM

YOUTH LIVESTOCK

- 11 AM Dairy Heifer Auction
DAIRY JUDGING PAVILION
- 2 PM Jim Gupion Veggie Auction
DAIRY JUDGING PAVILION
- 4 PM Small Animal Round Robin
COVERED ARENA
- 6 PM Large Animal Round Robin
COVERED ARENA



21 MONDAY
Fair closed.

SENSORY DAY

Sensory-Friendly Fair from 12-2 PM. Flashing
lights & music turned off & rides offered at
slower speed. Celebrate the diverse cultures that
make Humboldt County the place we call home.

ENTERTAINMENT

MIDWAY LAWN
RACING PIGS
1:15 PM, 2:45 PM, 4:15 PM

MAIN STAGE
JUGGLERS
12:30 PM, 5:15 PM

DAIRY LAWN
WOOD CARVER
1:45 PM, 3:15 PM, 4:45 PM



22 TUESDAY

JR. LIVESTOCK AUCTION
Jr. Livestock Auction & BBQ. Steers,
lambs, goats, pigs and rabbits will be
auctioned off and available for purchase.

ENTERTAINMENT

MIDWAY LAWN
RACING PIGS
1:15 PM, 2:45 PM, 4:15 PM

MAIN STAGE
JUGGLERS
12:30 PM, 5:15 PM

DAIRY LAWN
WOOD CARVER
1:45 PM, 3:15 PM, 4:45 PM

LIVE HORSE RACING: 2:15 PM

YOUTH LIVESTOCK

- 11 AM Junior Livestock
Auction BBQ
- 1 PM Junior Livestock
Auction
COVERED ARENA



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